



## 24-Hour Nurse Advice Line

Health information you can trust. Any time of the day or night.

What do you do when your doctor's office is closed and a family member comes down with a sudden illness? Or you're miles away from home and your bad back flares up again? Should you head to the nearest emergency room? Or can you wait to see your doctor? What can you do in the meantime to feel better?

Getting the right treatment at the right time can have a big impact on your health. And on your wallet, since emergency room visits are more expensive than other alternatives. Imagine the relief you'd get just by talking with a registered nurse who's trained to help you make more informed decisions about your health care options.

Lucky for you, your health plan includes free access to the 24-Hour Nurse Advice Line. It's like a helpdesk for your health. Dial our toll-free number, **1-800-622-9524**, from

anywhere in the U.S. and you'll reach a caring, experienced nurse 24 hours a day, any day of the year.

Rather listen to prerecorded topics? Just call **1-800-622-9524** and select the 24-Hour Audio Library. These helpful tapes cover hundreds of health conditions — from allergies to X-rays. And, like the Nurse Line, this library is never closed.

*Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece al dorso de su tarjeta de identificación o el número en esta carta.*

Health concerns pop up when you least expect them. That's why we're giving you two ways to keep our phone number handy:

Keep this card in your wallet, so you can reach us when you're on the go.

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**1-800-622-9524**

*Specially trained nurses are available  
24 hours a day, 365 days a year*



**BlueCross BlueShield  
of Minnesota**

An independent licensee of the Blue Cross and Blue Shield Association

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